

# **Bounce Back Better**

## What is resilience?

*I was thrown into many traumatic situations, which were out of my control and I bounced back better each time.*

## How did I bounce back?

- 1. Different perspective:** I was realistic about what I could *actually change* and *affect*
- 2. Took charge:** of my thoughts, feelings and behaviour
- 3. Solved my own puzzle:** There were setbacks, success and moments of personal growth
- 4. Didn't give up:** I hadn't worked it out **yet**. I **asked for help**. I **persevered**



*Laughed at anything ironic or bizarre  
Learnt to be more flexible  
(There's always hope!)*



*Made plans  
Set goals  
Solved problems*



*Kept physically healthy  
Became more self-aware  
Reflected on my thoughts and actions*